



National Institute on Aging

Publications Catalog



Department of Health & Human Services
National Institutes of Health
National Institute on Aging

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A Wealth of Information

To order FREE materials from the National Institute on Aging (NIA):

- Mail the order form at the end of this catalog to
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- Call NIA toll-free at 1-800-222-2225
TTY/toll-free at 1-800-222-4225
- View and order publications online at
www.nia.nih.gov/HealthInformation

NIA's Alzheimer's Disease Education and Referral (ADEAR) Center is a comprehensive source of information about Alzheimer's disease and age-related cognitive changes.

- Call toll-free at 1-800-438-4380
- View and order publications online at
www.nia.nih.gov/Alzheimers

Visit www.nia.nih.gov/Espanol for accurate, up-to-date information in Spanish on health issues of interest to seniors.

Visit www.NIHSeniorHealth.gov, a senior-friendly website from the National Institute on Aging and the National Library of Medicine, for online health information.

Go to www.nia.nih.gov/HealthInformation/Publications to sign up for FREE email alerts about new publications and other information from NIA.

General Aging Information

ALL FREE!

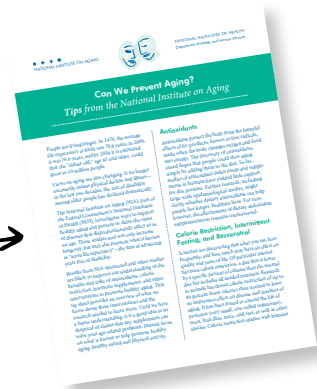
"I just want to take the time to say thank you... this is hugely valuable to the older adult community."

NIA Publications Catalog

A complete list of NIA's free publications.

Can We Prevent Aging?

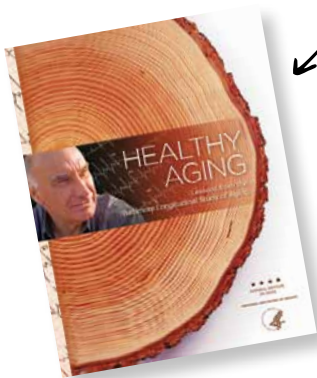
This 8-page tip sheet gives an overview of what we know about antioxidants, calorie restriction, and hormone supplements.



Clinical Trials and Older People

What is a clinical trial? How do you know if a clinical trial is right for you? This 6-page publication answers these questions, discusses patient safety, and defines many related terms.





Healthy Aging Lessons from the Baltimore Longitudinal Study of Aging

Based on findings from the first 50 years of the Baltimore Longitudinal Study of Aging and other NIA research, this 28-page booklet addresses how aging research has changed over time and shares some of what has been learned about aging well.

Hormones and Menopause

Get up-to-date information about the risks and benefits of menopausal hormone therapy from this 8-page tip sheet.



Menopause Time for a Change

What can a woman expect before, during, and after her last period? This 37-page booklet discusses menopause, hot flashes, and other menopausal symptoms. Also includes what women can do to stay healthy after menopause.

Participating in Activities You Enjoy More Than Just Fun & Games

This 4-page tip sheet outlines the possible health benefits for older adults of taking part in social and volunteer activities. A list of organizations that can help you find volunteer opportunities is included.

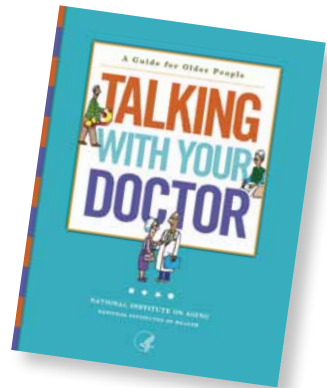
Saving for Retirement What Do You Know?

This 24-page booklet uses short stories to illustrate common retirement-saving challenges faced by adults 40 and older. The question-and-answer format tests readers' knowledge and provides detailed answers.



Talking With Your Doctor A Guide for Older People

This 44-page booklet is full of ideas and tips for good communication between older people and their doctors. Colorful illustrations and a conversational tone explain how to get ready for a medical appointment, discuss sensitive topics with your doctor, and coordinate help from friends and family.



Understanding Risk What Do Those Headlines Really Mean?

You hear news reports about research findings all the time. How can you make sense of what they mean? This 4-page tip sheet outlines different kinds of research studies and the ways research results are reported. It includes questions to ask about medical findings.

What's Your Aging IQ?

This 24-page booklet invites readers to check out how much they know about aging. A series of engaging mini-stories is accompanied by test questions. Fill in the answer sheet or take the quiz online. What you discover may surprise you!



"I recently received a copy of your booklet 'Talking With Your Doctor' and find it most interesting and very helpful for interacting with doctors concerning our health!"



ALL FREE!

Go4Life is an exercise and physical activity campaign from the National Institute on Aging at NIH designed to help you fit exercise and physical activity into your daily life. It provides exercises, motivational tips, and free materials to help you get ready, start exercising, and keep going. To find out more about how **Go4Life** can help you become more active, visit **www.nia.nih.gov/Go4Life**.



Exercise & Physical Activity Your Everyday Guide from the National Institute on Aging

Get moving! This 120-page guide describes the benefits of exercise and physical activity for older people. Learn how to set exercise goals and stick to them. Includes sample exercises for endurance, strength, balance, and flexibility plus worksheets to track activities and a list of resources.

In English...



en español!





Go4Life Everyday Exercises from the National Institute on Aging at NIH

Improve strength, balance, flexibility, and endurance with the **Go4Life** DVD featuring exercises you can do at home, at work, at the gym—almost anywhere. The DVD also has motivational tips and success stories. Whether you're just starting, getting back into exercise after a break, or stepping up your current activity level, **Go4Life** can help you create your own exercise program.



Go4Life Bookmarks

Available in bulk quantities, these colorful bookmarks provide information about NIA's **Go4Life** website and materials.

Go4Life Posters

Just what your fitness center, senior center, or doctor's office ordered! These 18"x26" full-color posters remind older adults about the benefits of exercise and provide information about NIA's **Go4Life** website. Available while supplies last.

In English...



en español!

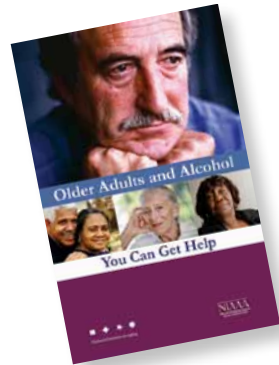


Easy-to-Read Booklets

ALL FREE!

Older Adults and Alcohol You Can Get Help

Using checklists, questions and answers, and personal stories, this 20-page booklet offers help for older adults thinking about their drinking. There is also a special section for family, friends, and caregivers.



Safe Use of Medicines Take Your Medicines the Right Way—Each Day!

This 13-page booklet offers personal stories and question-and-answer sections, with practical tips to help older people take their medicines safely.

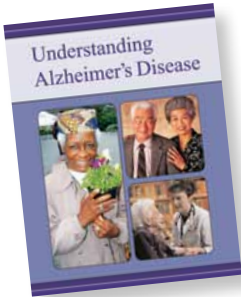


Stay Safe in Cold Weather! Learn Why You Need to Stay Warm When It's Cold

Read about hypothermia (a dangerous drop in body temperature) and how it affects older people. This 12-page booklet offers many tips for staying safe in cold weather.



*"I work in low-income senior housing.
I wanted to thank you for the
great book with good pictures."*

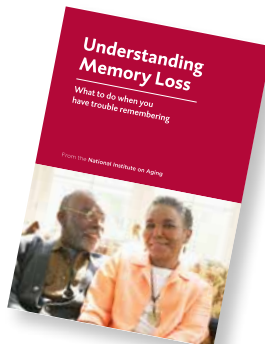


Understanding Alzheimer's Disease

This 12-page booklet answers basic questions about Alzheimer's disease. It also discusses the signs of Alzheimer's, why it is important to see your doctor early, and how to get help if you or someone you know is worried about Alzheimer's disease.

Understanding Memory Loss What To Do When You Have Trouble Remembering

Get answers to some basic questions about memory loss. This 24-page booklet discusses the difference between mild forgetfulness and more serious memory problems, medical causes of memory problems and how they can be treated, and how to cope with serious memory loss.



AgePages

NIA's *AgePages* provide information about topics of interest to older adults and caregivers. Each fact sheet contains an overview of the subject and resources for more information.

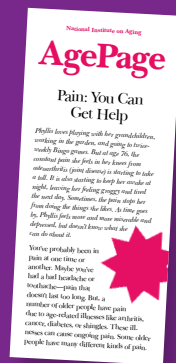
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Diseases/Conditions

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- Cancer Facts for People Over 50
- Depression
- Diabetes in Older People—A Disease You Can Manage
- Forgetfulness: Knowing When to Ask for Help
- Heart Health
- High Blood Pressure
- HIV, AIDS, and Older People
- Osteoporosis: The Bone Thief
- Pain: You Can Get Help
- Prostate Problems
- Shingles
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- Urinary Incontinence

Planning for Later Years

- Getting Your Affairs in Order
- Nursing Homes: Making the Right Choice



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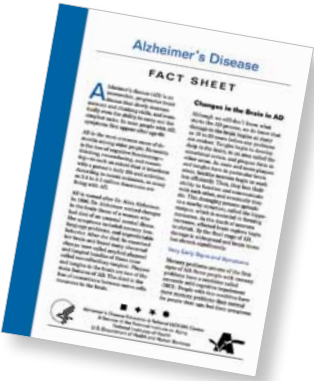


Information About Alzheimer's Disease and More

ALL FREE!

Alzheimer's Disease FACT SHEET

This 6-page fact sheet provides basic information about Alzheimer's disease and its symptoms, diagnosis, and treatment options.



Alzheimer's Disease Genetics FACT SHEET

The basics of Alzheimer's disease genetics are discussed in this 6-page fact sheet. Includes an overview of Alzheimer's genetics research.



Alzheimer's Disease Medications FACT SHEET

This 4-page fact sheet describes FDA-approved treatments for Alzheimer's disease and summarizes recommended dosages and common side effects.



Legal and Financial Planning for People with Alzheimer's Disease FACT SHEET

Many people are unprepared to deal with the legal and financial consequences of Alzheimer's. This 6-page fact sheet provides an overview of a variety of helpful planning documents. It also includes resources for more information.



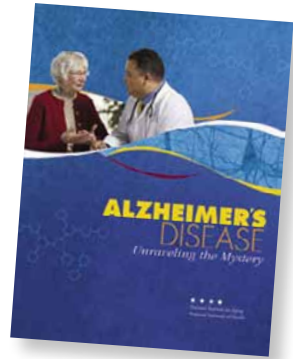
Participating in Alzheimer's Disease Clinical Trials and Studies FACT SHEET

Learn about Alzheimer's disease clinical research and how to get involved. This 8-page fact sheet explains how scientists conduct clinical trials and studies, and discusses the benefits of participating.

"Thank you for the materials that you recently mailed to me regarding Alzheimer's disease. The information is quite informative and most helpful."

Alzheimer's Disease Unraveling the Mystery

An essential primer on Alzheimer's disease, this 80-page publication describes how the brain works and how it changes with age in healthy people and people with the disease. The book summarizes the latest research on causes, diagnosis, caregiver support, and the search for prevention strategies and new treatments. Also includes full-color illustrations, a glossary, and a list of resources.

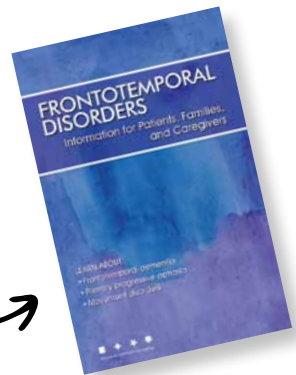


Can Alzheimer's Disease Be Prevented?

Research on preventing Alzheimer's as well as risk factors for the disease are discussed in this 32-page booklet.

Frontotemporal Disorders Information for Patients, Families, and Caregivers

This booklet provides patients, families, and caregivers up-to-date, research-based information on causes, symptoms, diagnosis, treatment, and caregiving for frontotemporal dementia, primary progressive aphasia, and movement disorders.



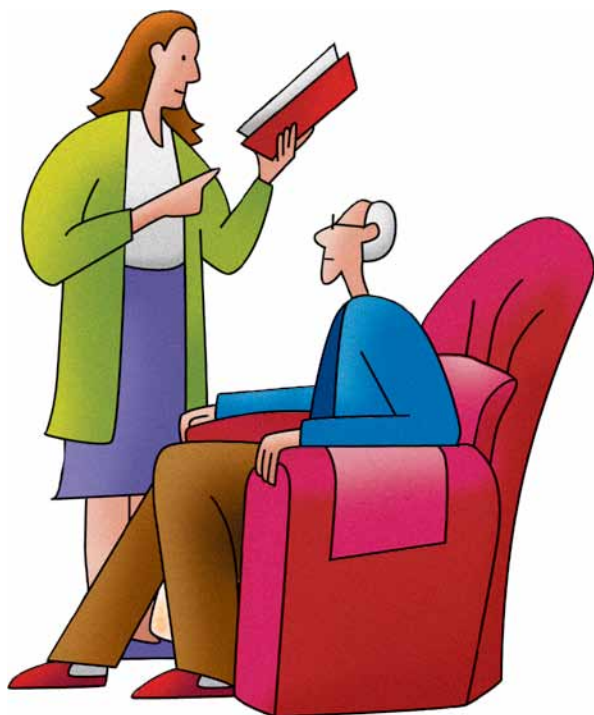


Hospitalization Happens A Guide to Hospital Visits for Individuals with Memory Loss

A trip to the hospital can be stressful for people with memory loss and their caregivers. This 18-page booklet helps older adults and their family members prepare for emergency and planned hospital stays. It includes tips on packing an emergency bag, working with hospital staff, and more.

Progress Report on Alzheimer's Disease

NIA is the lead Federal agency conducting research into the causes, diagnosis, treatment, and prevention of Alzheimer's disease. This annual report presents current research findings on the disease and summarizes results from ongoing clinical studies.

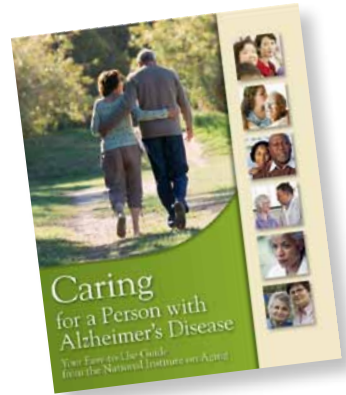


Caregiving Resources

ALL FREE!

Caring for a Person with Alzheimer's Disease Your Easy-to-Use Guide from the National Institute on Aging

This comprehensive, easy-to-read handbook offers information and advice to help at-home caregivers of people with Alzheimer's cope with daily changes and challenges. The 136-page guide addresses all aspects of care, from bathing and eating to visiting the doctor and getting respite assistance.



End of Life Helping with Comfort and Care

This 68-page guide discusses some key issues surrounding care at the end of life. It includes topics such as finding care, what happens at the time of death, managing grief, and how to document one's own wishes. Resources for more information are provided.



Home Safety for People with Alzheimer's Disease

This 40-page booklet is for in-home caregivers of people who have Alzheimer's or related disorders. It presents room-by-room suggestions on how to create a safer space for both the patient and caregiver.



So Far Away Twenty Questions and Answers About Long-Distance Caregiving

Using a question-and-answer format, this 44-page booklet offers information about coordinating care when you live far away. It explores topics such as complex family relationships, legal issues, housing options, and advance directives.

There's No Place Like Home— For Growing Old

This 8-page tip sheet provides information and resources that can help older adults maintain independence while living at home.

"Thank you very much...your information has been of great benefit to the senior population that we serve."

Resources for Professionals

ONLINE ONLY!

Connections

This electronic update, published by NIA's Alzheimer's Disease Education and Referral (ADEAR) Center, is for health professionals and caregivers of people with Alzheimer's disease.

→ www.nia.nih.gov/Alzheimers/ResearchInformation/Newsletter

Links

Minority Research and Training

Links, produced by the NIA Work Group on Minority Aging, features profiles of researchers and key research findings.

→ www.nia.nih.gov/NewsAndEvents

Click on "Work Group on Minority Aging News"

Making Your Website Senior Friendly

Web designers can use the suggestions in this online tip sheet to tailor websites for older people. An extensive list of research references is included.

→ www.nia.nih.gov/HealthInformation/Publications/Website

Spotlight on Aging Research (SOAR)

News and Notes from the National Institute on Aging

SOAR features summaries of recent aging-related research and highlights new publications, funding opportunities, and upcoming events.

→ www.nia.nih.gov/NewsAndEvents/SOAR

ALL FREE!

Making Your Printed Health Materials Senior Friendly

This 6-page tip sheet provides suggestions for how to write and design printed materials for older adults.

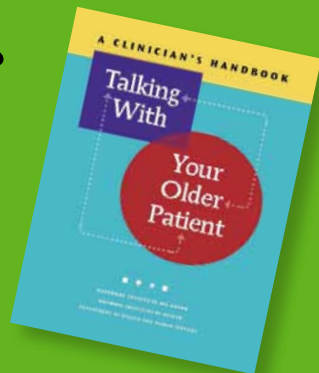


NIHSeniorHealth Bookmark

Available in bulk quantities, this bookmark highlights the special features of the award-winning, senior-friendly website www.NIHSeniorHealth.gov.

Talking With Your Older Patient A Clinician's Handbook

This 61-page guide provides strategies for health professionals to use to communicate effectively with their older patients. It addresses difficult-to-discuss issues, provides practical tips, and lists information resources.



Information in Spanish

¡GRATIS!

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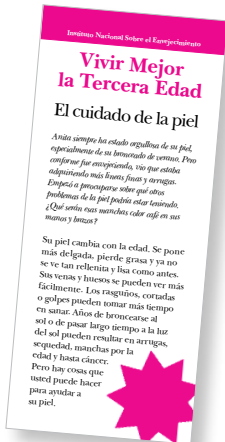
- ¿Preocupados por el estreñimiento? (Constipation)
- Presión arterial alta (High Blood Pressure)
- Problemas de la próstata (Prostate Problems)

Cuidado médico

- Cuidado a largo plazo: escogiendo el lugar correcto (Long-Term Care)
- Cuídese de los tratamientos de salud fraudulentos (Health Quackery)
- ¿Está considerando hacerse una cirugía? (Surgery)
- Selección del médico (Choosing a Doctor)

Promoción de salud/ Prevención de enfermedades

- Caídas y fracturas (Falls and Fractures)
- Comer saludablemente después de los 50 años (Healthy Eating)
- Dormir bien (Sleep)
- Ejercicio y actividad física: en forma de por vida (Exercise and Physical Activity)
- El cuidado de la piel (Skin Care)
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- El cuidado de sus dientes y boca (Teeth)
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- El uso de alcohol en las personas mayores (Alcohol)
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- La menopausia (Menopause)
- La sexualidad en la edad avanzada (Sexuality)



- Pérdida de la audición (Hearing)
- Qué hacer acerca de la gripe (Flu)
- Vacunas para su salud (Shots)

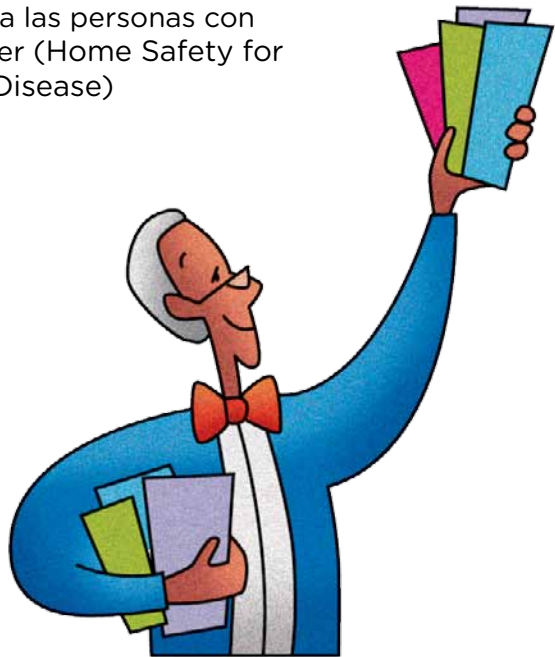
Seguridad

- Conductores de la tercera edad (Older Drivers)
- El crimen y las personas de la tercera edad (Crime)
- Medicamentos: úselos con cuidado (Medicines)

Guías sobre la enfermedad de Alzheimer

Estas guías informativas proveen muchos consejos útiles.

- La enfermedad de Alzheimer (Alzheimer's Disease Guide)
- Guía para quienes cuidan a personas con Alzheimer (Caregiver Guide)
- Medicamentos para la enfermedad de Alzheimer (Alzheimer's Disease Medications Fact Sheet)
- Protección en el hogar para las personas con la enfermedad de Alzheimer (Home Safety for People with Alzheimer's Disease)



Go4Life Ejercicio y Actividad Física

Ejercicio y Actividad Física

Su guía diaria del Instituto Nacional Sobre el Envejecimiento



¡Póngase en movimiento! Esta guía de 128 páginas describe los beneficios del ejercicio y la actividad física para los adultos mayores. Aprenda a establecer metas de ejercicio y como mantenerse con ellas. La guía incluye ejemplos de ejercicios de resistencia, fortalecimiento, equilibrio y flexibilidad, más hojas de registro para anotar las actividades y una lista de recursos.

Fotonovela



Únase a Lucy y Pepe mientras aprenden de sus amigos acerca de los beneficios del ejercicio y la actividad física en esta fotonovela del Instituto Nacional Sobre el Envejecimiento (NIA). Puede leer la historia en español o en inglés.

Go4Life Póster

¡Exactamente lo que el centro de acondicionamiento físico, el centro para adultos mayores o su doctor le recomendó! Este póster, de 18"x26" a todo color, ayuda a los adultos mayores a recordar los beneficios de hacer ejercicio y provee información del sitio de Internet del NIA, **Go4Life**. Disponible hasta agotar las existencias.

Obtenga información de salud en español gratis del Instituto Nacional Sobre el Envejecimiento. Para ver una lista completa de las publicaciones, visite: www.nia.nih.gov/Espanol.

Ordering Information

Online Orders

www.nia.nih.gov/HealthInformation

Click on “Publications”

www.nia.nih.gov/Alzheimers

Click on “Publications”

www.nia.nih.gov/Espanol

Haga clic en “Ordene publicaciones”

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1-800-438-4380 (toll-free), ADEAR Center

1-800-222-4225 (TTY/toll-free)

1-301-589-3014 (Fax)

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- ___ Healthy Aging: Lessons from the Baltimore Longitudinal Study of Aging
- ___ Hormones and Menopause
- ___ Menopause: Time for a Change
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- ___ What's Your Aging IQ?

Go4Life

- ___ Exercise & Physical Activity: Your Everyday Guide from the NIA
- ___ **Go4Life** Everyday Exercises from the NIA at NIH, DVD
- ___ **Go4Life** Bookmarks
- ___ **Go4Life** Posters (while supplies last)

Easy-to-Read Booklets

- ___ Older Adults and Alcohol: You Can Get Help
- ___ Safe Use of Medicines
- ___ Stay Safe in Cold Weather!

- Understanding Alzheimer's Disease
- Understanding Memory Loss

AgePages

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- Frontotemporal Disorders: Information for Patients, Families, and Caregivers
- Hospitalization Happens: A Guide to Hospital Visits for Individuals with Memory Loss
- Progress Report on Alzheimer's Disease

Additional publications, including Spanish translations, are listed on the other side.

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- Making Your Website Senior Friendly
- NIHSeniorHealth Bookmark
- Talking With Your Older Patient: A Clinician's Handbook

Información en español (Information in Spanish)

Vivir Mejor la Tercera Edad

Enfermedades/Condiciones

- Ataque cerebral (Stroke)
- Consejos sobre la artritis (Arthritis)
- El VIH, el SIDA y las personas mayores (HIV/AIDS)
- Incontinencia urinaria (Urinary Incontinence)
- Información sobre el cancer (Cancer)
- La culebrilla (Shingles)
- La depresión: no permita que la depresión persista (Depression)
- La diabetes en las personas mayores (Diabetes)
- La mala memoria: reconozca cuándo debe pedir ayuda (Forgetfulness)
- Osteoporosis: la usurpadora de los huesos (Osteoporosis)
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- Fotonovela
- **Go4Life** Póster

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www.nia.nih.gov/Espanol

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